



Roasted Potato Salad with Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



148 kcal

SIDE DISH

Ingredients

- ☐ 1 pepperoncini peppers sliced into 1/4 inch rings
- ☐ 2 large stalks celery sliced
- ☐ 1 tablespoon dill weed dried
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup olive oil
- ☐ 2 teaspoons paprika
- ☐ 1 bell pepper red thinly sliced
- ☐ 1 small onion red thinly sliced

- ☐ 2 pounds potatoes red cubed
- ☐ 0.3 cup red wine vinegar
- ☐ 2 tablespoons vegetable oil

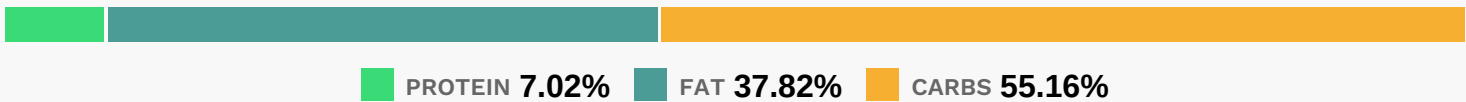
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat an oven to 450 degrees F (230 degrees C).
- ☐ Toss the potatoes with 10 tablespoons of vegetable oil; sprinkle with paprika and dill. Toss until the potatoes are evenly coated with the spices and spread onto a baking sheet.
- ☐ Bake in the preheated oven until the potatoes are easily pierced with a fork, about 25 minutes.
- ☐ While the potatoes are roasting, heat the 2 tablespoons of vegetable oil in a large skillet over medium heat. Stir in the banana pepper, bell pepper, celery, and onion; cook and stir until the vegetables have softened, about 10 minutes. Toss the pepper mixture with the roasted potatoes in a bowl. Refrigerate until cold, about 1 hour.
- ☐ While the potatoes are cooling, whisk together the red wine vinegar, olive oil, and kosher salt. Toss the potatoes with the salad dressing just before serving.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.53, Inflammation Score:-7, Nutrition Score:8.789130418197%

Flavonoids

Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 148.19kcal (7.41%), Fat: 6.42g (9.88%), Saturated Fat: 0.96g (6.01%), Carbohydrates: 21.07g (7.02%), Net Carbohydrates: 18.17g (6.61%), Sugar: 2.88g (3.2%), Cholesterol: 0mg (0%), Sodium: 176.83mg (7.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Vitamin C: 31.38mg (38.04%), Potassium: 623.4mg (17.81%), Vitamin A: 791.31IU (15.83%), Vitamin K: 15.4µg (14.67%), Vitamin B6: 0.28mg (14.08%), Manganese: 0.23mg (11.62%), Fiber: 2.9g (11.61%), Copper: 0.17mg (8.54%), Folate: 34.07µg (8.52%), Phosphorus: 84.03mg (8.4%), Magnesium: 32.3mg (8.08%), Vitamin B3: 1.57mg (7.86%), Vitamin B1: 0.11mg (7.5%), Vitamin E: 1.1mg (7.31%), Iron: 1.29mg (7.14%), Vitamin B5: 0.42mg (4.21%), Vitamin B2: 0.07mg (3.83%), Zinc: 0.49mg (3.25%), Calcium: 28.12mg (2.81%), Selenium: 0.73µg (1.04%)